

Cafeteria Manager's Guide to Extreme Health Challenge

The Extreme Health Challenge is a nutrition and physical activity challenge that 4th and 5th grade classrooms in your school are doing. You can be a positive role model and make a difference in students' eating and physical activity habits. When students get the same message from different people, they are more likely to pay attention. Here are several ways you can help:

- Review "*Your Personal Path to Health: Steps to a Healthier You!*" for tips on how to be your healthiest.
- Use the laminated sheet, "*Today's Fruits and Veggies*" to write each day's selections with a dry erase marker. This will help students know what is being offered.
- Use the *Katy Trail Challenge Map* to track your own physical activity and mark off the miles. Add together the miles of all staff in your cafeteria. Use a pedometer if you have one and count 2400 steps as 1 mile. Or count 15 minutes of physical activity as 1 mile. Post your map in a place where students will see that you are doing the same Challenge that they are.
- Use the *Family Fruit & Vegetable Challenge Chart* to list how many cups of fruits and vegetables you eat every week. This is similar to what the students are doing. Post this in a place where students can see that fruits and veggies are important to you too.
- Let the 4th & 5th grade teachers know what fruits and vegetables will be served the next day so they can discuss the choices with their students. If you are really motivated, you might even visit some classrooms at the end of your work day during the Challenge to remind students to chart their progress and to talk about what fruits and veggies will be served the next day.
- Try some different fruits and veggies or new ways of preparing them during the Challenge. Talk to your food service director first.
- One school cafeteria (with support from the district food service director) made a trail mix with different dried fruits every Monday and took it to the 4th and 5th grade classes as a snack. The students loved it!